

Wolf Pack WARRIOR



Vol. 20, No. 6

8th Fighter Wing, Kunsan Air Base, Republic of Korea

Feb. 25, 2005

NEWS BRIEFS

AFAF Campaign Kicks Off

The Air Force Assistance Fund "Commitment to Caring" campaign runs through May 6. Program officials invite Airmen to contribute to any of the Air Force's four official charitable organizations. The charities help active-duty, Reserve, Guard, retired servicemembers, surviving spouses and families. All four charities receive 100 percent of designated contributions. For more information, contact Maj. John Arnett at 782-7182 or your squadron CSS.

Airline Ticket Purchases

The primary means of purchasing airline tickets for official travel is now with the government travel card. The only exemption to this is for Airmen who have been denied a travel card, members with pending GTC applications, circumstances that preclude the use of the GTC and those individuals who are retiring or separating from the military.

Tax help available

The Kunsan Tax Center, located in Building 902, Room 107 has opened its doors to help members file 2004 tax returns. Make appointments, from 8 a.m. to 3 p.m. Monday through Friday by calling 782-6021. The center is closed weekends, holidays, down days and during exercises.

Duty status check

Airmen who take weekend trips, go on temporary duty leave for work or TDY for medical appointments are required to first sign out at their commander's support staff prior to departing the base. Because senior leadership needs to know the duty status of their Airmen at all times, it's important to sign out, even if it's just for a day trip. For more informations or questions regarding this matter visit your CSS.



Photos by Staff Sgt. Alan Port

WHOLE LOT OF LAUGHS

Tommy Davidson, a famous comedian, visited the Wolf Pack Wednesday during an 8th Services Squadron sponsored comedy tour. Along with Mr. Davidson two other comedians entertained the Wolf Pack as well. (Inset) Members of the Wolf Pack get a couple of laughs at the comedy show.

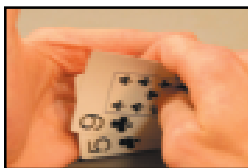
*In this
weeks
issue ...*



**Buffalo Soldier
remembered**
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etiquette**
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**Airmen stay out
late for poker**
SEE PAGE 8

Wolf Weather 6-day Forecast

Saturday Hi/Low 33/17 Partly Cloudy	Sunday Hi/Low 37/21 Partly Cloudy	Monday Hi/Low 37/24 Partly Cloudy
Tuesday Hi/Low 37/23 Partly Cloudy	Wednesday Hi/Low 39/23 Partly Cloudy	Thursday Hi/Low 40/27 Rain showers

Teamwork is key to ‘Outstanding’

By Master Sgt. Robert Pinder
Exercise Evaluation Team

The Wolf Pack’s operational readiness inspection preparation is on-going. The Wolf Pack is shooting for an ‘Outstanding.’ We at Kunsan need to know and understand the fact this is a team effort. The Wolf Pack will be outstanding if everyone does their best and gives their best.

Kunsan has a first-class exercise team that will prepare you for all inspections. Each unit and organization has very knowledgeable members. They are steady preparing each unit to shine during the inspection.

However, the exercise evaluation team is not designated to do the work for you but will give you all the guid-

ance you need.

Remember, the Wolf Pack is only as outstanding as the newest member of your unit.

Ensure all members know their responsibilities and the roles they play in accomplishing the mission. Every leader must instill unit pride and respect their troops. Don’t forget every Wolf Pack member is crucial to Kunsan’s mission, and their performance will be critical in the overall rating.

The exercise evaluation team and unit representatives have spent countless hours preparing checklists for your benefit. Utilize them.

Understand these checklists are the minimum acceptable standard for a satisfactory rating. I know there is

no one at Kunsan that wants to accept this rating. The Wolf Pack has many outstanding troops, that want to enhance the mission, and make Kunsan more efficient than it is now.

Remember, the inspector general team will evaluate Kunsan on how well we accomplish our mission and follow published guidance and instructions.

Do you know what your occupation is and why your occupation exists? Do you do your work efficiently and effectively? Are you innovative and excited about doing your work?

Then, do not stop because the ORI is ‘doing your work.’ Do your work the best and most efficient way you can and the ‘Outstanding’ rating will come.



LISTEN

Wolf Pack Radio
88.5 FM
WEEKDAYS — 5 TO 9 A.M., AND 3 TO 6 P.M.
REQUEST SONGS AT 782-4373 OR WWW.AFNKOREA.COM

LISTEN

To your leadership
EACH FRIDAY FROM 8 TO 9 A.M., ON 88.5 FM

They were there all along
Airman receives guidance from support system

By Airman 1st Class Lauren Sixbey
90th Space Wing Public Affairs

F.E. WARREN AIR FORCE BASE, Wyo. — For no apparent reason, a co-worker asked to speak with me in his office. After the door clicked shut he said, “Word on the street is you’re not doing so well.” I was floored. How could I have let it show? I’d been doing such a good job of hiding it.

The past three months of carefully shrouding my thoughts and true feelings were being called out on the carpet. I didn’t know what to say. Then a feeling of relief washed over me. Three and a half months earlier I had said goodbye to my husband, a Marine deploying to Camp Fallujah, Iraq, for seven months. I will never forget our last moments together. It wasn’t like I thought it would be. In the movies there are dozens, if not hundreds of people saying their good byes as well.

There is somber yet heroic music being played in the background and there are tears a plenty. When we arrived at Camp

Pendleton, Calif., in the middle of the night on Aug. 7, there were no more than 15 other Marines and only one other wife. A burly staff sergeant was there barking orders.

We spent nearly an hour just getting his things in order. He was busy getting his weapon and ammo issued, while I tagged his sea bags and picked up his three MREs.

When there was nothing else to do but wait, we sat in near silence on the cold pavement and held each other knowing it would be more than half a year before we’d be able to see each other again. Neither of us cried then, probably because we didn’t want to draw the attention of the other Marines.

All of the sudden the same staff sergeant who was issuing orders yelled, “Devil Dogs, get on the bus!” According to my husband’s itinerary, he wasn’t supposed to leave for another hour. I easily forgave the staff sergeant though.

It was an excruciating time and I was almost relieved that the horrible good bye was over.

I went to work the following Monday morning like nothing had happened. I put on a brave and cheerful face so no one would guess my anguish.

Unfortunately, it worked. Every day I went to work my co-workers asked me how I was doing. I smiled and always gave a similar positive response. I have always been good at hiding emotions.

After an especially difficult few months dealing with my husband’s deployment and a particularly hard personal issue, I was at the end of my rope. There are no support groups for someone like me who is in an inter-service marriage without a joint spouse assignment.

I sunk into a depression unlike any I’d ever experienced. On Nov. 12, during Air Force Space Command’s Wingman Focus Day, I acted like everything was fine as usual. The office staff went to the club for lunch and to play pool. The following Monday was when my co-worker talked to me.

I don’t know what came over me, but at that moment everything that had been

held up inside for the past three and a half months came spilling out. He sat there patiently listening to me.

Before I left the room, he set up an appointment for me to talk to one of our chaplains the same day. I always knew chaplains were there for us, but I didn’t think my problems were severe enough to merit getting help. The calmness I felt as I left the chapel that day was incredible.

Neither my co-worker nor the chaplain judged me. My greatest fear was unfounded. If only I hadn’t been so afraid a few months ago, I probably would have spared myself a lot of pain.

I don’t know if it was our focus day that prompted my co-worker’s concern or if it was something he had been thinking about for a while, but I’m glad he took the time out to help me.

I know that the next few months will be much easier than the last few because I have got a support system all around me.

They have been there the entire time, I just never noticed.

Sortie Goals
year to date

Unit	Goal	Flown	+/-
35th FS	1625	1636	+11
80th FS	1512	1497	-15

monthly

Unit	Goal	Flown	+/-
35th FS	256	220	-36
80th FS	244	184	-60


Current as of Wednesday

ACTION LINE
782-2004
action.line@kunsan.af.mil



Col. William W. Uhle Jr.
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number and a brief description of your problem or concern. You can also send an e-mail to 8 FW/CC Action Line.



Wolf Pack Warrior

Vol. 20, No. 6

**Defend the base
Accept follow-on forces
Take the fight North**

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Content

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Submissions

Deadline for submissions to the Wolf Pack Warrior is noon Thursdays for the next week’s edition. Submission does not

guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style and available publication space. Submissions should be e-mailed to WolfPack@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

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We can also be reached by phone at 782-4705, by e-mail at 8FW/PA, WolfPack@kunsan.af.mil, or by fax at 782-7568.

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General Jumper charts course for future

By Master Sgt. Julie Briggs
Air Force Print News

ORLANDO, Fla. — Air Force Chief of Staff Gen. John P. Jumper gave a vector for the Air Force's future during a speech Feb. 17 at the Air Force Association's 2005 Air Warfare Symposium here.

General Jumper followed Peter B. Teets, acting secretary of the Air Force, at the convention in which about 1,000 people attended.

The general said the Air Force is confident and strong, adding that air and space will likely be contested in the future. But there are those who have said it will not, he said.

"There are those who think that because Saddam Hussein buried his airplanes in the sand that today the need for air superiority is over, that we don't need, necessarily, to put any more effort into dominating the skies," he said. "That is wrong."

To meet these challenges, General Jumper outlined his strategic goals to maintain air dominance. Those include the need to stay agile, operationalize space, increase "jointness," remain focused on technology, understand industrial vulnerabilities and concentrate on effects versus platforms, the human strategy and "rut management."

"Agility doesn't mean the handling of our aircraft," he said. "It means the ability to respond to contingencies in unknown and unforeseen ways. To get anywhere we need to go, to get there quickly and to be able to persist is a growing reality of our United States Air Force."

An example of that agility is Operation Enduring Freedom. At its height, the Air Force had more than 36 bases supporting the operation. Today, there are 14 bases still open. Key to this agility is the service's air and space expeditionary forces.

There are more than 30,000 Airmen deployed today, the general said. The Air Force flies more than 200 sorties each day in Afghanistan and Iraq with countless other sorties being flown as air bridges.

Operationalizing space means not only bringing space power in a collection mode but in the real-time targeting mode, the general said. The Air Force needs to be more responsive in space. "Responsive in hours, maybe days," he said, "not weeks or months."

To do this, the Air Force is moving toward joint warfighting space, putting the warfighter in the loop using space assets, the general said. The emphasis will be on effects versus platforms. This means having space operators understanding the warfighting effects they are having on the battlefield, in the battlespace and how the space piece fits into the operation, he said.

It also means networking at a machine-to-machine level to take those effects and put them in the hands of warfighting commanders, across the services, on the ground and in the air.

"True jointness can only come from within as we figure out amongst ourselves how to create effects on the battle field in multiple ways," General Jumper said. "The service chiefs today are discussing a series of centers of excellence where we would put together our command and control, our (unmanned aerial vehicles), our battlefield Airmen (and) close-air support."

These centers of excellence will develop joint concepts and procedures instead of developing them separately.

The general also said the Air Force needs to focus technology directly on solutions to its most difficult problems.

"We have, for a long time, said our most difficult problem is hitting moving targets in and under the weather," he said. "We just demonstrated the

ability to hit moving ships and boats on the water at significant speeds."

The Air Force needs to put that technology out in the field, make it reliable, sustain it and continue to make it work, he said. The same thing applies to networking.

The Air Force is proceeding to network its existing aircraft on a machine-to-machine level, he said. Of what the Air Force has today, 70 to 75 percent will still be in the inventory 20 years from now, the general said, that is why networking is a critical strategy.

But the Air Force needs to be careful not to over rely on technology in the battlefield, General Jumper said, using the E-10 multisensor command and control aircraft as an example.

"There's a lot of opposition to the E-10," General Jumper said. "We are not ready to give up yet on line-of-sight command and control, the need for line-of-sight apertures and processors and sensors."

The system is not platform dependent. Its capability lies in its versatility, giving combatant commanders a horizontally integrated, near real-time view of the battlespace.

Another strategic goal is the need to understand industrial vulnerabilities.

"Take the price of a C-130B (Hercules) we paid in 1964," he said. "Inflate it to (today's) dollars and the price comes out be about \$11-and-a-half million. Compare it to what we're paying for the C-130J and it increases over 500 percent. Capability is certainly better, but it doesn't give 500 percent more (cargo capacity)."

Effects-based programming is another strategic goal. The Air Force needs to concentrate on effects not the platform, General Jumper said.

The F/A-22 Raptor is one example, the general said, because "it gets you where you need to go without anyone knowing it.

"If we talked about the full array, of being able to deal with the hardest things in the air, the hardest things on the ground, being able to win back contested airspace no matter where it exists ... (the F/A-22) is the thing that can get to it," he said.

The F/A-22's effect is keeping air corridors open and, ensuring dominance in the sky. The human strategy for the Air Force is simple: keeping the right people in uniform and no more than needed, General Jumper said.

"For each 10,000 people we have in uniform, it costs us \$1.2 billion a year," he said. "We need to make sure they're doing the right things, that they understand airpower and how it works, and how to pass information to ground battlefield commanders so they can get their jobs done."

Most Airmen, he said, live the Air Force's core values, especially the one that says service before self, the general said. "The ones that don't, we're asking to leave."

Also included in the human strategy is ensuring the force is fit, he said. In the future, fitness scores will be included in evaluation reports and commanders will be held responsible for their people's fitness. The payoff, he said, will be huge.

"We will maintain the standards of the U.S. Air Force and we are not going to back away", General Jumper said.

The last strategic goal he discussed is what General Jumper calls "rut management," insuring people stay focused.

"Make no mistake about it, it's easy to get in a rut," the general said. "I spent most of my years ... blasting things out of ruts."

"We've got to stay focused," General Jumper said. "We've got to remember what it is we're trying to do, and we've got to keep focused on the results and on the effects."

Airmen should no longer use 'personnel' during contingencies

Wolf Pack,

After talking with information operations at 7th Air Force and Pacific Air Force Command, we have decided to eliminate the use of the word personnel when communicating during contingencies. From this point forward, please do not use (e.g. 'Personnel Anderson') in your communications such as phone and radio, etc. during contingency operations. By using personnel it gives a clear operations security indicator that we are performing other than normal operations.

While it is good to use callsigns when possible, please continue to use the same communications etiquette during exercises and contingencies that we use in our daily operations. If you have any questions, please feel free to contact Maj. John Anderson III at 782-5531 or our Wing OPSEC Capt. John Harris at 782-7909.

Help me keep our personnel, resources, and information safe. Practice good operations security and remain vigilant at all times.

-Wolf

PRIDE OF THE PACK

Unit: 80th Fighter Squadron
Duties: Aircrew life support journeyman
Hometown: Jacksboro, Tenn.
Follow-on: Aviano Air Base, Italy
Hobbies: Snowboarding, fishing and softball
Favorite music: Old rock and country
Last good movie: Rythm and blues
Best thing you've done here: Going on a weekend tour to Mt. Sorak and the temples in the surrounding area.



Staff Sgt. Daniel Daugherty

Staff Sgt. Daniel S. Daugherty has repeatedly demonstrated exceptional leadership and initiative. He superbly managed every aspect of the 80th Fighter Squadron's daily life support shop and is entrusted with multiple accounts worth more than \$1 million of equipment and supplies. Sergeant Daugherty spearheaded the procurement of more than \$15,000 for the purchase of mission essential equipment. As the primary trainer for both the 35th and the 80th FS life support shops, he instructed members on the proper loading and coding of the Garmin GPS system- vital equipment that can mean the difference between rescue and capture for pilots. Sergeant Daugherty engineered a method of repacking survival kits, condensing the size by 20 percent — a process that aids in the efficient generation of aircraft.

His success extends outside of his primary duties as well — carrying a 3.2 GPA and passing his fitness test with a 90 percent. Sergeant Daugherty is a phenomenal NCO and epitomizes the Pride of the Pack

-Lt. Col. Steven E. Clapp
80th Fighter Squadron commander

TSP 'open season' limitations end July 1

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — Defense Department civilians and servicemembers building tax-free retirement accounts through the Thrift Savings Plan including those at Kunsan will soon be able to change their investment options at any time instead of just twice a year.

Current biannual TSP "open season" investment-choice windows end July 1, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

TSP participants, she said, will be

able to switch their retirement account options at any time.

Colonel Fenton said "there's not going to be the two open seasons during the year" where people can sign up for the retirement savings and investment program, change their contribution levels or change investment options.

Military people and civilians covered by the Civil Service Retirement System can contribute up to 10 percent of their paycheck to establish tax-free retirement accounts that grow from accumulated savings and investments in bonds, stocks and international funds. Employees covered by the Fed-

eral Employees Retirement System can contribute up to 15 percent in 2005. From 2006 on, no limit will apply to any participants in TSP.

Another TSP change also slated to start July 1 gives participants the choice of having a financial manager automatically adjust how funds are invested as market conditions change, officials said.

"They'll move you from equities to bonds when you need to," Colonel Fenton said.

This should help participants maximize their contributions.

Servicemembers became eligible to

establish tax-free TSP retirement accounts January 2002, she said.

Establishing a TSP account is a good idea even for those who do not serve long enough to qualify for a pension, Colonel Fenton said.

TSP funds accumulated during military service, she said, can be transferred to participating federal agency TSPs if a departing servicemember takes a government civilian job.

And, TSP savings can also be rolled into nongovernment civilian employers' individual retirement accounts, the colonel said.

Medals updated in personnel system

RANDOLPH AIR FORCE BASE, Texas — Air Force officials have completed a batch update to currently reflect award of the Korean Defense Service Medal and Global War on Terrorism-Expeditionary Medal in the military personnel data system.

Air Force Personnel Center officials here recently completed a mass decorations update for more than 69,000 active-duty Airmen who were permanently assigned to Korea, earning the Korean medal. An additional 114,000 updates for the expeditionary medal were completed for active-duty Airmen deployed to Southwest Asia supporting Operations Enduring Freedom or Iraqi Freedom since Sept. 11, 2001.

Airmen eligible to wear either medal can view their decoration history in virtual military personnel flight to verify the update was successful. They can contact their commander's support staff if they qualified for either decoration, but their decoration his-

tory was not updated. If the entitlement is verified, support staff Airmen will fax the appropriate letter to the AFPC contact center for update.

Each medal only awarded once, regardless of how many times an individual returns to serve in the respective theater, officials said. There are no service stars or other devices authorized. However, battle stars may be authorized with the GWOT for people who engaged in actual combat. The chairman of the Joint Chiefs of Staff is the approving authority for battle stars.

The medals initially will be issued by local MPFs as they become available and are also available through the Army and Air Force Exchange Service.

For more information on criteria for issue and wear of each medal, visit: www.afpc.randolph.af.mil/awards/Recently%20approved%20awards.htm, or call the AFPC contact center at (800) 616-3775.



Photo by Senior Airman Seth Crawford

STEP AHEAD

Staff Sgt. Ray Ellis, III, 8th Maintenance Squadron, is 'STEP'd to Tech' by Chief Master Sgt. Chuck Talley, 8th Fighter Wing command chief master sergeant (left), and Col. William W. Uhle, Jr., 8th FW commander, here Feb. 18. Sergeant Ellis was promoted under the 'Stripes for Exceptional Performers' program which affords the wing commander the opportunity to instantly promote an enlisted troop for his outstanding work.

Troops deployed in combat areas get tax credit options

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — Servicemembers receiving federal tax exemptions for some or all of their military pay may now elect to apply for certain tax credit options, the chief of the Armed Forces Tax Council here said Feb. 17.

Troops deployed to combat zones can now apply for tax refunds based on earned income tax credits as well as additional child tax credits, said Army Lt. Col. Janet Fenton, the council's executive director.

The council monitors and coordinates tax issues involving active-duty and reserve-component servicemembers.

The earned income credit, Colonel Fenton said, primarily involves lower-income filers with children. The additional child tax credit, she said, may provide refunds for children younger than age 17.

Servicemembers who want to apply for the credit refunds are required to fill out and file a federal tax return, she said.

Enlisted troops serving in combat areas already have

all their military pay excluded from federal taxes, Colonel Fenton said, while officers in combat zones can exclude as much as \$6,529 of their monthly pay.

Troops deployed to non-combat overseas areas have until June 15 to file their income taxes, she said.

Troops serving in a combat zone, the colonel said, have up to 180 days to file their taxes after departing the area.

"Someone who is in Iraq right now," she said, "would not have to file their 2004 tax return until they

leave Iraq."

However, some overseas servicemembers would want to file early, Colonel Fenton said, because they may be due a refund.

Military-operated tax centers at stateside and overseas locales, she said, can provide service-members with tax filing assistance.

Meanwhile married service-members deployed to combat and noncombat overseas locales can opt to have spouses file tax returns, she said, provided there is an applicable power of attorney.

Hometown News

Doing something outstanding at work?

Let newspapers back home know. Go to the Kunsan homepage at www.kunsan.af.mil and fill out a hometown news release.

Cathay Williams—the female Buffalo Soldier

By Staff Sgt. Kurt Arkenberg
8th Fighter Wing Public Affairs

By all accounts, Buffalo Soldiers were very capable, hard fighting men whose service played an important role in successes in both the Civil War and in the United States' expansion west. And despite the often dilapidated posts and equipment, harsh discipline at the hands of white commanding officers and typically poor food rations, they had the lowest desertion rate in the Army.

There was, however, one Buffalo Soldier who did not fit the accepted description. Cathay Williams is the only documented female Buffalo Soldier. And while records show she was no different in the performance of her duties, her gender certainly sets her apart.

At the outbreak of the Civil War, the government was fighting the Indians in the west. It withdrew most of its men and resources from the Indian wars, to concentrate on ending the rebellion. At the end of the Civil War, 186,000 black soldiers had participated in the war with 38,000 killed in action. Southerners and eastern populations did not want to see armed Negro soldiers near or in their

communities. General employment opportunities in these communities was not available to blacks, so many African-Americans, including Cathay William, saw military service — which offered shelter, education, steady pay, medical attention and a pension — as an alternative to frequent civilian unemployment. In a St. Louis Daily Times article from Jan. 2, 1876, she said, "I wanted to make my own living and not be dependent of relations or friends."

The recruiting officer described 'William Cathay' as five feet, nine inches tall, with black eyes, black hair and black complexion. The army surgeon might have examined Cathay superficially, or not at all, and determined the recruit was 'fit for duty.'

The result was historical. Cathay Williams, or William Cathay, is the both the only documented female Buffalo Soldier, and the only documented African-American woman who served in the U.S. Army prior to the 1948 law, which officially allowed women to join the Army. She carved a small, but symbolically important place in the history of American women, in the history of African-Americans, and in the history of the United States.



Painting by John Will Davis

This painting is one of the few of "William Cathay" as Cathay Williams was known during her two-plus years in the U.S. Army. Buffalo Soldiers defended settlers in the West and played a major role in the expansion of the United States. Private Cathay was not only the only female Buffalo Soldier, but the only female in the Army prior to 1948.

Cathay Williams or William Cathay Private, 38th U.S. Infantry, 1866 to 1868

By Linda Kirkpatrick
Cowboy poet

Cathay Williams

In a tiny shotgun cabin
Martha's baby girl was born.
A baby born to slavery
That no one could forewarn.
Cathay Williams was determined
And never was deterred
As she began her life as a house girl
Being seen but never heard.

Then the Civil War broke out
And the Union soldiers came
And taking Cathay with them
Her life would never be the same.

Cathay learned the ways of military life
And became an accomplished cook.
She was sent to General Sheridan
A job she proudly undertook.

Then the Civil War was ended
And Cathay was finally free
And in seeking out her freedom,
She found her place in history.

Her own way she needed to make
And a burden to no one be
So as a Buffalo Soldier she joined up
In the 38th U. S. Infantry.

Cathay Williams became William Cathay
And no one was to know
The secret of her identity
As a soldier she did grow.

The troops moved west to Ft. Cummings
To keep the Apache at bay.
There were one hundred and one enlisted men
And among them was William Cathay.

After two years as a soldier
In the 38th Company A
William went to see the doctor
And her secret came out that day

Discharged as a Buffalo Soldier
Cathay did her very best
As she continued to make her way
In this land they called the West.

Because of her illegal enlistment
Her pension passed her by
But she picked herself up and moved on
And never questioned why.

Life ended for Cathay Williams
At the age of eighty-two
She lived a long independent life
A life that was tried but true.

A salute to Cathay Williams
The hero of this rhyme
A special woman of the west
A legend in her time.



Courtesy illustration

Private Cathay reportedly posed for this illustration early in her enlistment while in New Mexico. An Army recruiter listed William Cathay as five feet, nine inches tall, with black eyes, black hair, and black complexion. Though the Army surgeon likely examined Cathay superficially during her preenlistment physical and determined the recruit was "fit for duty," her secret wasn't exposed until she sought treatment for small pox in 1868.

Today

Pre-Separation - The family support center offers a pre-separation briefing each Friday for members about to separate or retire from 9 to 10 a.m. in Building 755, Room 215. To register, call 782-5644.

Personal Financial Management Program brief - The family support center offers a PFMP briefing for senior airmen and below attending newcomers' orientation from 3 to 4 p.m., in Building 755, Room 215. For more information, call 782-5644.

Free food night - The Loring Club offers super social hour featuring a taco bar from 6 to 9 p.m. for club members.

Karaoke - The Falcon Community Center offers karaoke from 8 p.m. to midnight.

Saturday

Late nighter - The Loring Club offers a late nighter until 4 a.m.

Chess tourney - The Falcon Community Center offers a chess tournament beginning at 3:30 p.m.

Insa-dong Antique Market and It'aewon tour- The family support center offers a tour of Insa-dong Antique Market and It'aewon. To register, call 782-5644.

9-Pin no tap bowling - The Yellow Sea Bowling Center offers 9-pin No Tap bowling beginning at 6 p.m. Entry fee is \$15.

E-Mart trip - The Falcon Community Center hosts a shopping trip to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Sunday

9-pool tourney - The Falcon Community Center offers a 9-pool tournament beginning at 3:30 p.m.

Lotte World trip - The community center tours offer a trip to Lotte World. Call 782-4619 for more information.

Bowling special - The Yellow Sea Bowling Center offers \$1 games and 75-cent shoe rental all day.

Sunday brunch- The Loring Club offers Sunday brunch from 10:30 a.m. to

1 p.m., cost is \$11.95 for club members.

Monday

Nifty Fifty - The Yellow Sea Bowling Center offers 50 cent bowling and shoe rental.

Pizza and beer - The Loring Club offers \$1 longnecks and 50 cent slices from 6 to 8 p.m.

Triple Feature - The Falcon Community Center offers triple feature movie madness beginning at 7 p.m.

Tuesday

\$2 pitchers - The Loring Club offers \$2 pitchers and \$2 Kun Burgers from 6 to 8 p.m.

Ladies Night - The Yellow Sea Bowling Center offers free bowling for ladies beginning at 6:30 p.m.

Open chess - The Falcon Community Center offers open chess play beginning at 7 p.m.

Wednesday

Free food night - The Loring Club offers super social hour featuring chilli and hot dogs from 6 to 8 p.m. for club members.

Cheap bowling - The Yellow Sea Bowling Center offers 75-cent bowling all day.

Karaoke - The community center offers Karaoke from 8 p.m. to midnight.

Return and Reunion - The family support center offers a return and reunion briefing for those about to leave Kunsan from 3:30 to 4 p.m. in the HAWC classroom at the fitness center. For more information, call 782-5644.

Thursday

9-ball tourney - The Falcon Community Center offers a 9-ball pool tournament beginning at 7 p.m.

Buck bowling- The Yellow Sea Bowling Center offers \$1 bowling all day.

Mongolian barbecue - The Loring Club offers Mongolian barbecue for 50 cents per ounce from 5:30 to 8:30 p.m.

To submit events for 7-Days, send an e-mail to 8 FW/PA WolfPack@kunsan.af.mil. Submissions must include time, date, place, and phone number.

Movie



Corner

Today

- "Spanglish," rated PG-13, at 7 and 9:30 p.m.

Saturday

- "Are we there yet?," rated PG-13, at 7 and 9:30 p.m.

Sunday

- "Are we there yet?," rated R, at 6 and 8:30 p.m.

Tuesday

- "Meet the Fockers," rated PG-13, at 8 p.m.

Wednesday

- "The life aquatic with Steve Zissou," rated R, at 8 p.m.

Thursday

- "The life aquatic with Steve Zissou," rated R, at 8 p.m.

Chapel Services

Latter-Day Saint - Services are Sunday at 3:30 p.m. at the chapel.

Catholic services - Mass is Sunday at 9 a.m., and every Monday through Thursday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment Monday through Friday, Saturday at 4:30 p.m. and Sunday at 8 a.m. R.C.I.A. is Wednesday at 7 p.m. in the chapel conference room.

Protestant services - General Protestant worship service is Sunday at 11 a.m. and the Contemporary Praise and Worship service is Sunday at 6 p.m. Both services are

conducted in the chapel.

Gospel - Gospel services are Sunday at 1 p.m. and the Inspirational Praise and Worship service is Friday at 7:30 p.m. at the chapel.

Sonlight Inn hours - The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m., Friday from 6 p.m. to midnight, and Saturday from 6:30 a.m. to midnight.

Sunday School and Bible study - The chapel hosts several schools and Bible study groups at the Sonlight Inn. For more information, call the chapel at 782-4300.

Free Classifieds

X-Box Game:
Prince of Persia II in mint condition cost \$30 or best offer. Call 782-0610

Volunteer Opportunities Korean orphanage :
Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should call 782-5644 for more information.

Community Relations trip:
Volunteers are needed for a community relations volunteer trip Saturday to Catherine Mokyangwon. The facility is a home for handicapped individuals of all ages. The volunteers will spend the afternoon helping to clean the facility and interacting with the residents. Volunteers should meet Mrs. Rosemary Song in front of the Loring Club at 12:50 p.m. The bus returns at 6 p.m.

Wolf Pack Wheels

Monday - Thursday
Departs Kunsan at 7:30 a.m. and 1 p.m. and departs Osan at noon and 6 p.m.

Friday
Departs Kunsan at 7:30 a.m., 3 p.m. and 6 p.m. and departs Osan at noon and 10 p.m.

Saturday
Departs Kunsan at 7:30 a.m. and 10 a.m. and departs Osan at noon and 4 p.m.

Sunday
Departs Kunsan at 7:30 a.m. and noon and departs Osan at noon and 5 p.m.

One-way tickets, available at the community center, are \$12.50 for general Wolf Pack members or \$11.50 for the airman morale program, and \$25 or \$23 round trip.

Day of Ice

The 8th Services Squadron sponsors a 'Day of Ice' today. Wolf Pack members can take advantage of the following offers:

- ◆.80 cents for nine holes of golf
- ◆.80 cents for DVD rentals
- ◆.80 cents for a hamburger at the Community Activities Center
- ◆Eighth customer eats free at the Loring Club for lunch between 11 a.m. to 1 p.m.
- ◆Eighth customer eats free at the bowling center for lunch from 11 a.m. to 1 p.m.
- ◆\$8 for a Wolf Pack Wheels ticket

Early detection reduces risk of cervical cancer

By Maj. Belinda Haines
8th Medical Operations Squadron

Ladies, let’s talk ... and gentleman, you may know someone with this too like a sister, mother, spouse, daughter, friend or family member). You’ve been told you have cervical dysplasia and you’re wondering what it is and what may have caused it.

Cervical dysplasia is an abnormal cell growth on the cervix, which is the opening to the uterus. Sometimes these abnormal cells turn into cancer or the cells disappear on their own without treatment, but your physician will be keeping an eye on you. Depending on the type of dysplasia, you may have to undergo further procedures.

“What’s the risk?” you ask. Half of all women diagnosed with cervical cancer are between the ages of 35-55, and it may take months to years before the cancer spreads to other organs, such as the uterus, bladder, vagina, rectum or to the

lymphatic system causing other organ involvement. Some factors may contribute to getting this disease. If you’ve had a sexually transmitted disease, such as human papilloma virus (HPV), more commonly known as genital warts, been sexually active before the age of 18, had multiple male partners or had a male partner who has had multiple partners or if you smoke. Genetics may also play a role or if your mother took the drug diethylstilbestrol while she was pregnant with you.

In the early stages, cervical cancer may not cause any symptoms or it can cause spotting after intercourse, between menstrual cycles or after menopause. You may experience a watery vaginal discharge. As the cancer spreads to other organs, you may experience difficulty with urination, blood in the urine, fatigue, weight and appetite loss, pain or bleeding after a bowel movement or diarrhea. Since cervical cancer can be slow growing, it is one of the more treatable cancers if found early.

Thus, the importance of routine pap smear screening becomes readily apparent.

What do the results mean? Various types of classification systems exist to interpret the findings, but most use the Bethesda system, which is as follows: Within normal limits (this is good, and you’re A okay) and usually, you follow up again at your next regular screening. Then there’s minor changes, such as inflammation or low-grade squamous intraepithelial lesion (translation, the abnormal cells are a little bit deeper into the surface of the cervix) and requires a repeated pap smear in three to four months. Up to 80 percent of these usually revert to normal without any interventions. Anything higher than the two just mentioned and you’ll be getting to know your health care provider quite well, since you’ll be undergoing more testing and procedures. Remember though, if caught early, you’re usually okay. So now the question is... when was you’re last pap?

Gym etiquette plays vital role in healthy workout

Contributed by Brian Killen
8th Medical Operations Squadron
exercise physiologist

Maintaining safe practices in the gym are just as important to health as the overall workout. As Airmen prepare for their physical fitness test or a regular visit to the gym, they should keep in mind that good habits are created day by day just as muscles are built.

The following are some tips on gym etiquette and ways Airmen can maximize their workout.

Gym Etiquette

- ♦ **Unload your weight bar...** Don’t assume the next person who comes along has the ability or the desire to clean up after you.
- ♦ **Rack your weights in the proper order...** No one should have to pull off several different weight plates to get to the one they want to use.
- ♦ **Don’t drop your weights...** When you are finished using a pair of dumbbells, set them on the ground. Dropping them can damage the floor, bend the handles and could possibly bounce and break someone else’s toes.
- ♦ **Return your dumbbells to the rack...** Don’t leave them on the floor-put them

- back in their proper locations. No one should have to look around for the 20 pound dumbbells only to find them sitting with the 100 pound dumbbells.
- ♦ **Do not place your weights or bars on the upholstery...** This will put indentations in the upholstery and cause the fabric to tear.
 - ♦ **Keep your sweat to yourself...** There are towels and disinfectant provided to use. Wipe down the equipment when finished.
 - ♦ **Be aware of your surroundings...** A weight room can be a hazardous place. Watch where you are going and don’t walk too close to someone in the act of lifting a weight.

- Five ways to maximize your workout*
1. **Find a training partner:** A training partner can help you reach your goals by giving you that extra push when you don’t want to push, give you physical support as well as mental support, and help you stay focused during a workout. The best training partner will have goals similar to your own.
 2. **Vary your routine:** Variety in training helps prevent burnout, staleness and



Photo by Airman 1st Class Juanika Glover

Senior Airman Nick Wehrheim, 8th Mission Support Squadron, gets a mid-day workout at the base fitness center. To ensure back safety, Airman Wehreim uses the correct posture when lifting weights.

boredom, and will prepare your body for a variety of challenges and activities. Variety in your exercise routine will also

- unwanted plateau.
3. **Get adequate rest/recovery:** Recovery between sets will help attain your goals. Rest between workout days allows your body to repair itself before the next workout and helps prevent over-training.
 - Symptoms of over-training include elevated resting heart rate, emotional and sleeping disturbance, diminished appetite, plateau in workouts or a decrease in workout results, feeling of exhaustion on an average day, and increased frequency of illness.
 4. **Use weight belts only when necessary:** Only use weight belts when lifting near or at maximum weight. Take the weight belt of between sets, or at least loosen the belt. Weight belts use used when lifting light loads, prevent your core musculature from gaining the strength needed to keep your torso stable during everyday use.
 5. **Water, water and more water:** Nothing out there can replace water, and proper hydration throughout the day will benefit your workout. Drink water between sets and exercise. Don’t wait until you are thirsty to get a drink.

SPORTS

Today

- ♦ Step aerobics at noon
- ♦ Boot camp at 6 a.m. and 5:30 p.m.
- ♦ Cardio circuit at 6 a.m.

Saturday

- ♦ Step aerobics at 9 a.m.
- ♦ Boot camp at 10 a.m.
- ♦ Spin class at 4 p.m.
- ♦ Core conditioning Pilates at 10 a.m.
- ♦ 5-on-5 basketball at 10 a.m.

SHORTS

Sunday

- ♦ Indoor ultimate frisbee at 2 p.m.
- ♦ Twister at 4 p.m.

Monday

- ♦ Spin class at 5:30 a.m. and 6:30 p.m.
- ♦ Step aerobic class at noon and 4 p.m.
- ♦ Cardio circuit at 6 a.m.

Tuesday

- ♦ Spin class at 5:30 a.m. and 6:30 p.m.

All events, games or classes will be held at the base fitness center

- ♦ Step aerobic class at 5:30 p.m.

Wednesday

- ♦ Spin class at 5:30 a.m. and 6:30 p.m.
- ♦ Step aerobic class at noon.
- ♦ Kick boxing at 6 a.m.
- ♦ Core conditioning Pilates at 5:30 p.m.

Thursday

- ♦ Spin class at 5:30 a.m. and 6:30 p.m.
- ♦ Step aerobics at 5:30 p.m.

Know when to hold'em ... know when to fold'em

Wolf Pack members pull a late-nighter for Texas hold'em poker



James Whitackre, 8th Maintenance Squadron, deals a hand of Texas Hold'em at the Loring Club Tuesday. The club offers Texas Hold 'em every two weeks, and the entry fee is free with the purchase of the buffet dinner. The number of players is only limited by the number of dealers.

Photos by Staff Sgt. Kurt Arkenberg



(ABOVE) The action is hot as hold'em players eye the river card as they plot their next move. Tuesday marked the third club-sponsored tournament. (RIGHT) Brian Strong, 8th Operations Support Squadron, takes a look at his hole cards after seeing the dealer's flop. Texas Hold'em is a seven-card stud game with each player getting two hole cards and playing off of five community cards to make up the rest of his hand.



(ABOVE) Jill Shandrew, 8th Services Squadron, ponies up with her bet after the river card bolstered her hand. The tournament pays the top eight finishers with eighth place receiving \$20 in club bucks. The payoff is sweetened by \$10 for each finisher under number eight with the first-place finisher receiving \$200 in club bucks. Anyone wishing to deal during the tournament versus playing get a free buffet and non-alcoholic drinks throughout the tournament.